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Festival**

**The
classmate**



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The *Classmate* was originated and previously edited by the wives of the students of the General Line and Naval Science School. It is now sponsored by the Officer Students Wives Club of the Naval Postgraduate School. Material and opinions contained herein are those of the publishers and are not to be considered an official expression of the Department of the Navy. Because of its functions as an unofficial medium for the Officer Students Wives Club, advertisements in the publication do not constitute an endorsement by the Department of the Navy of services advertised. Written permission is necessary to re-print any material herein. Published at no cost to the U.S. Government by Herald Printers, 201 Foam St., Monterey, CA.

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Material and opinions contained herein are those of the contributors and should not be considered an official expression of the Officer Students Wives Club or the Department of the Navy.

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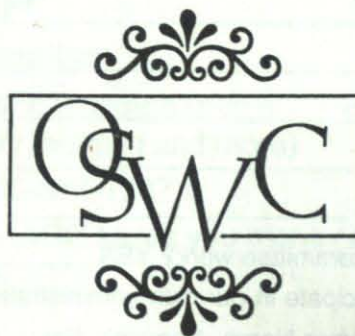
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On the Cover: Photo by Lydia Ariaudo-Gragg



President's Message

I cannot believe this is my last article as President of the OSWC. First, let me welcome aboard all the new families to NPS. 1990 will hold many exciting events not only for you to participate in but also for you to lend your talents too.

January 25th will be the costume review for the Holiday Charity Drive Ball which is February 24th — Mardi Gras!!! Get your tickets early this event will be fun! fun! fun! while also giving a much needed donation to the Family Resource Center of Salinas/Monterey. This organization helps families recover from the devastating effects of Child Abuse.

February is a very busy month for the OSWC, our meeting February 5th 1990 will also be our elections of officers. The Valentines Bake sale will be on Valentines Day 14 February — buy a sweet for your sweetie.



by Bonnie Tidd

The Welcome Aboard "Cramalot" on the 22 of February is a must for Everyone!! Lastly in February is our Hail and farewell for old and new

Executive and Governing Board members.

Secondly, I wish the new Boards of the OSWC the best New Year and new decade. I want to thank the members of OSWC for all their help and to tell them that without their dedication and hard work life here at NPS would be at a loss. **You** are the heart of the NPS community. I especially wish to thank the Executive Board, your accomplishments are too numerous to list here. The Board's support and hard work have been greatly appreciated by myself and the club. I ask the member of the club to continue its support of the New Executive Board. To our members who are leaving, the old naval saying — May you have smooth sailing (and smooth moving). I sincerely appreciate the opportunity to serve — you the members of OSWC have given me.

OSWC MEMBERSHIP

The OSWC is the Officer Students' Wives' Club of the Naval Postgraduate School for the spouses of all students. In addition to sponsoring monthly activities such as luncheons, OSWC also sponsors the Art Auction, Adobe Tour, International Students' Wives Tea and many other Holiday events. Dues collected entitle you to member discounts as well as monthly *Pink Flyers* and the OSWC Directory. To obtain membership, fill out the form below and send it with a check made out to OSWC to: Libby Salmons, 1296 Spruance, Monterey, CA 93940. Phone 647-8862, SMC #2525. Dues: \$2 per quarter, minimum 4 quarters for new members/renewals (or remainder of duty stay). Membership is free to all International spouses.

SMC # _____ New Member _____ Renewal _____ Active _____ Associate _____

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Spouse's Name _____ Rank _____ Service _____

Curriculum _____ Graduation Date (month/year) _____

Address _____ City _____ Zip Code _____

Length of Membership _____ Amount Enclosed \$ _____

Are you interested in committee work? YES _____ NO _____ Volunteer? YES _____ NO _____

Would you like to participate in our club administration? YES _____ NO _____

Do you wish to have your Name, Spouse's Name and Service, Address and Telephone Number in the OSWC Directory? (members only) YES _____ NO _____

Would you like a copy of the OSWC By-Laws? YES _____ NO _____

Editor's Note

This is a busy month! Between the fun and excitement of the Mardi Gras there is still room for chocolates and flowers for that special someone on Valentine's Day.

Kim Burton brings us "A Table for Two" in which she suggests a few delicious places to spend a romantic evening.

Navy Bleu, now "Coastal Cuisine" by Susan Romanelli, warms us up on cold windy nights with Mexican Hot Chocolate.

Joy Lukenbill gives us a spectacular centerfold of Valentine treats.

Because of many requests, "On the Wharf" will become a regular feature.

A special thank you to Mary Sarepera, our outgoing advisor. We will miss



by Lydia Ariaudo-Gragg

her excellent sugar-free, one calorie chocolate pies. Move over Marie C.!

One final note! We need males, females and children to model spring fashions for the March/April magazine. We are not looking for the perfect 10! Please contact Assistant Editor Susan Romanelli, 372-7918. If you have a success story or unusual experience you would like to share in upcoming issues, please send to SMC 2330.

Once again I'd like to thank my dedicated staff!

MARCH FOCUS

Spring Fever

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Susan Romanelli is the Classmate's new assistant editor and Coastal Cuisine columnist. She comes from New Hartford, New York. Susan was awarded a B.S. in public relations and journalism in 1981 from Syracuse University.

Susan, her husband LT George LaVenture, and their son David, 3 1/2, moved to Monterey in June 1989 after

2 years in Washington, D.C. Prior to that, they spent three years living in Yokosuka, Japan. While in Japan, she taught English at Alpha Language Institute and NTT (Japan's equivalent of AT&T), traveled, and wrote for the naval base newspaper. She is currently working on the Great American Novel about life in La Mesa.

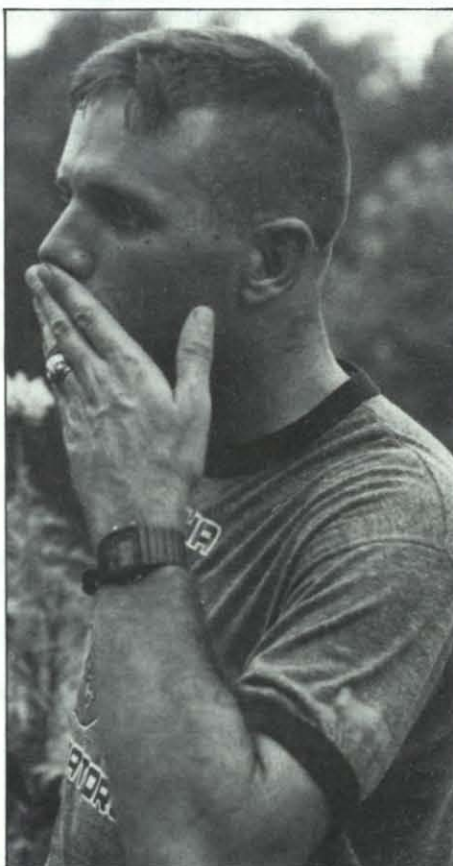


WORKING TOGETHER TO

Gus Stafford and his family moved from Montgomery, Alabama. He was stationed at Fort Benning in Georgia. He comes from an artistic family and enjoys wood work when he's not at the drawing board.



Molly Baker and her family came from Virginia Beach. Her husband is in Naval Engineering. They have three children and are expecting another child in June. She is the Production Editor and enjoys putting the Classmate together.



Joy Lukenbill is the Advertising Director and backbone for the magazine. Her husband is in the Weapons Engineering Curriculum. They have a daughter who is three. You can spot her on the tennis court now and then.

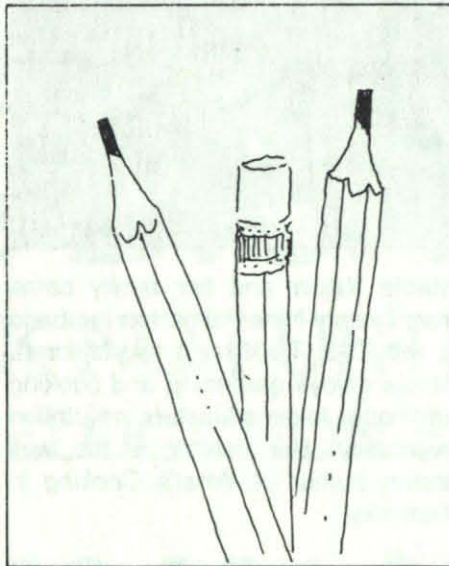


Christine Brock and her family moved from Mayport, Florida last August. Her husband is enrolled in Operations Analysis. They have three boys. To keep her sanity she writes and takes pictures for the Classmate.



Kim Burton and her husband had their first date at Quarters G. They have two lively children and have been married for nine years. She is receiving her BA in Creative Writing at UCSC this June. Aside from volunteer work at the Monterey Bay Aquarium. Kim enjoys occasional catering, reading novels and poetry. Kim is head of Flights of Verse page. Please submit your work to her.

Jennifer Church was born and raised in Florida until 1967. Her husband is with Air-Ocean Science and they have a little boy who keeps her active. She enjoys entering contests and won a trip to New York. She is currently involved with the refund group.



Guna Hebbar and her family came from India in 1983. She earned her Master's degree in Food and Nutrition. Her husband is a faculty member in the Department of Aeronautics and Astronautics. She enjoys oil painting and gave two one-artist shows in the U.S.

PUT IT TOGETHER



Leigh Gardener and her family moved from Norfolk, Virginia. They have two children who run her thin. Her husband

is in Space Operations. She's been writing humor since the age of ten (So don't tell her how to write)

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Stacia Knorr and her family came from Twenty-Nine Palms. Her husband is with C-3. They have two children. Stacia enjoys gardening and cooking and hopes to get a Masters in Nutrition eventually. Her mother is the well known author of *What's Cooking in Kentucky*.



Nancy Lawson was the previous editor. She works at Bank of America in Carmel and enjoys frolicking in the money. Instead of coming home to two legged children, she comes home to four legged pets, and enjoys writing Paw Prints.



Mary Anne Schnieder is a housekeeper, nanny, laundress and chauffeur to a local La Mesa family. Her professional affiliations include National Association of Juggling Klutzes, card carrying member of Visa, Master Card, Macy's and Exxon. Her future aspiration is to grow old as gracefully as Katherine Hepburn. When not writing her column, she enjoys drinking Diet Cokes, reading tabloids and searching for the mates to her family's sock wardrobe.



Marianne B. Rowe is a licensed therapist who specializes in working with children and families. In addition to more than 10 years experience as a therapist, she has been a preschool and elementary school teacher, a consultant to hospital staff, and a camp counselor. She is in private practice in Pacific Grove.

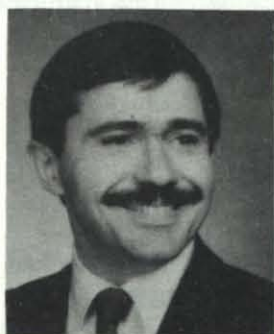




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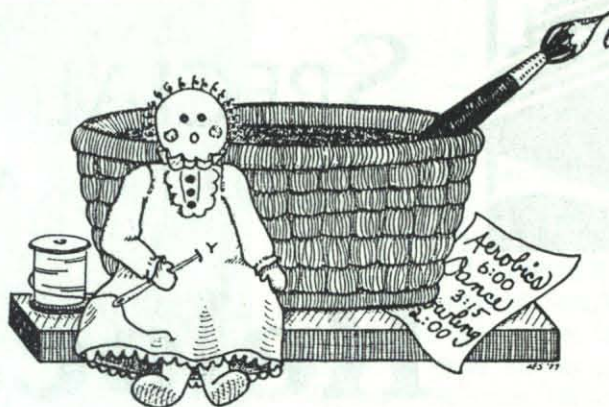


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Officer Students Wives Club Mini Classes

by Nancy Pullen

If you are interested in teaching a class, Officer Students Wives Club, OSWC, Activities would love to know about it. Please phone me, Nancy Pullen at 375-4547, and I will be happy to list your name and course. It is a great way to meet people and it puts a little money in your pocket! If you are interested in taking any of the courses listed below, please call the instructors for more information.

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- Aerobics and Toning** — Barbara Behrle (647-1690).
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- Basket Weaving** — Margi Thompson (647-1991).
- Beginning Tole/Folk-Art Painting** — Andrea Kindl (649-6537).
- Bowling** — Jeannie Holbrook (649-4723).
- Children's Creative Dance** — Terri Grimshaw-Dormody (624-3799).
- Cross-Stitch Instruction** — Kathleen Anderson (372-1334).
- Decorating with Dip 'N Drape** — Jo Ann McLean (655-0717).
- Easter Eggs from the Ukraine** — Diane Hearing (649-8573).
- Fitness Aerobics** — Christy Evans (372-3715).
- Low Impact Aerobics** — Christy Evans (372-3715).
- Mom and Baby Aerobics** — Teresa Powell (373-5473).
- Mother's Morning Out** — Jennifer Kiel (647-8817).
- Piano** — Nathalie Plotkin (373-5671).
- Piano** — Kazuko Mockett (624-9596).
- Piano-Harpsichord** — Katie Clare Mazzeo (372-2233).
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- Elementary Grades and Sign Language** — Susan Anderson (373-5407).
- Spanish Tutoring** — Laura A. Query (375-8621).
- Tutor** — Marion S. Wilson (373-3845).

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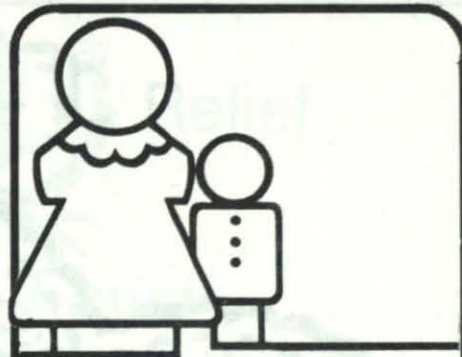
New Kids on the Block

by Joyce McGowan

A son, **Jeremy Erik**, 9 lbs. 8 ozs. on December 5, 1989 to **Warren and Annaliesa Lundblad**.

A son, **Jacob Leonard**, 7 lbs. 5 ozs., 19 ins. on December 9, 1989 to **Peter and Rachel Braccio**.

A son, **James**, 8 lbs. 11 ozs., on December 11, 1989 to **Larry and Barb Gomerford**.



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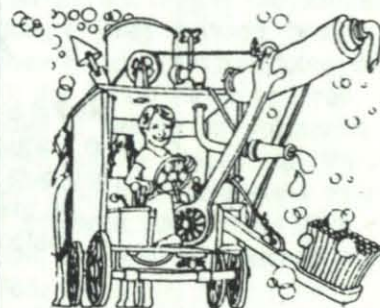
Mothers of Twins

Monterey Mothers of Twins (MMOT) is a support group for mothers of twins, triplets, etc. Expectant mothers are also welcome. We meet monthly and discuss topics of interest to all MOT.

These topics include problem solving, helpful hints, and guest speakers. If interested please contact Linda Evans at 372-6532. We look forward to hearing from you.

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Flights of Verse



You said you'd make all of Monterey mine
And that we'd mingle with the wealthy kind.
But lately, all your second looks
Are for calculus and physics books.

I've always admired an intelligent man
Who studies hard for future plans.
But if your computer printouts were steamy letters,
I'm sure our love life would get no better

But as for now, I'll wait for those breaks
I'll rub your shoulders—whatever it takes
Then I'll make my plans for holiday fun
When all these cramming days are done.

To my valentine I simply say
I hope your mid-terms were all A's.
We'll celebrate by the Monterey pines
Please always be my valentine!

Leigh Gardener

Architect

behind a rectangular desk
in a square room, he sits
and puts circular thoughts
on triangular papers
before the sunset.

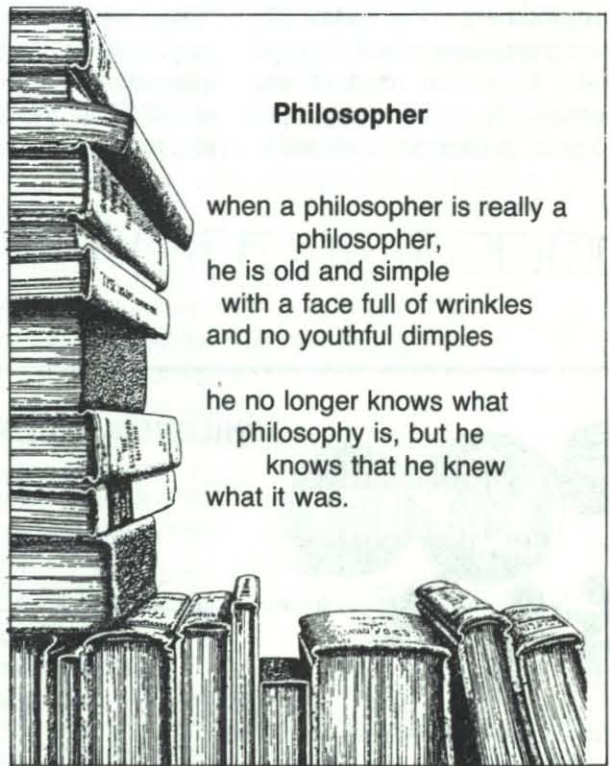


Mostafa Ghandehari
Mathematics Dept.

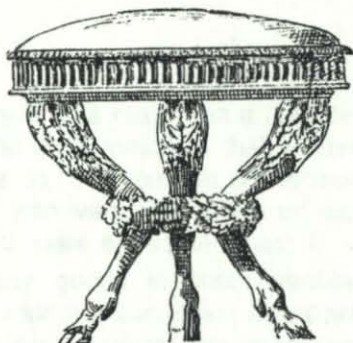
Philosopher

when a philosopher is really a
philosopher,
he is old and simple
with a face full of wrinkles
and no youthful dimples

he no longer knows what
philosophy is, but he
knows that he knew
what it was.



Bargains Galore!



Are you running out of closet space? Is your storage room overflowing? Do you want to sell all those unwanted or unused items? The OSCW is sponsoring a Bargain Fair on Saturday, March 3, 1990, at the La Mesa School. This is your chance to sell those unwanted items. Or, are you looking for carpeting, baby clothes, furniture, plants, etc? Take advantage of the great buys at the Bargain Fair.

The cost per space is: OSCW member \$5, non-member \$10. Space size is approximately 8 x 7 ft. Spaces are limited and on a first come, first serve basis. No more than two spaces will be sold to an individual. Residents of La Mesa Village, students and staff of NPS and their spouses who are at least 18 years of age, are eligible for these spaces. No individual may represent or sell for any organization. No crafts may be sold. The rain-date for this event is Sunday, March 4.

Reservation forms will be available the first week in February at the La Mesa Housing Office, the Convenience Store, the Family Services Office in Hermann Hall or through the Pink Flyer. The completed form and payment must be mailed to the address on the form by February 26, 1990. No telephone reservations will be accepted. We reserve the right to stop accepting reservations when all spaces are filled. See you at the Fair!!!

Kathy Howard
646-9171 SMC# 1765

by Jennifer Church

Navy



Relief

Spring Fever

I imagine that by the time you read this, I will be ankle-deep in dust bunnies, trying once again to engage in what Grandma always called "Spring cleaning." There is a certain futility to this endeavor, even as the floors and furniture regain their shine and the windows become clear once again, for soon the outdoors will call.

Every Spring, I resolve to attack the Mess Gremlins with new fervor, and stock up on every every household cleaner, helper and hint made. Then, just as I apply Grunge Revenge to the bathtub, a warm breeze trails in the open bathroom window. It wafts around contentedly for a while, then spots me stooped over, and poises for the kill. Mustering up all of its strength, it swirls around the tub, and then is gone. Gone, but not quite, for I think I smell lilacs. It's always lilacs, you see, because nothing else would do the job. When I was small, I lived in southern Germany, and we had a lilac tree in our idyllic backyard. In the Spring, the scent from that tree reached the ends of the earth, and I was in heaven. Just as surely as the smell of cabbage cooking will transport me to Germany in the Winter, those lilacs send me back to that eternal German Spring.

Once the wind has found me, I am

lost to cleaning. I have never been Susie Homemaker, and with a two-year-old eager to explore the warm earth, I have ample excuse to leave the buckets and sponges. We will go down the back steps tentatively at first, unsure of what is in store. We'll pick up stones and toss them, and then seat ourselves in the Soon-To-Be-And-Once-Before-Tried-To-Be Vegetable Garden. All Winter, I have collected seeds, trying to imagine what would happen if they should all truly grow this year. Last year, I made the mistake of following my heart, and I planted spinach and radishes. They grew valiantly, my family refused to eat them, and I didn't plant anything else. This year, strawberries, corn, carrots. And flowers. I have always planted vegetables, because they produced something that made the hours of toil worthwhile. Now I have a child, and I see flowers in a new light. They are reason enough. They provide beauty and renew the soul. I will plant lots of them.

If the Spring allows you free, Navy Relief is looking for volunteers. We reimburse for child care. We're in Herrmann Hall, downstairs from the Quarterdeck. We're open MWF 1000-1300, and can be reached at 373-7665.

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RECYCLING Begins at Home

by LCDR Craig Lilly



Environmental quality is a little bit like the weather — everybody talks about it, but nobody ever does anything about it. Every person above the age of three is aware of the Greenhouse Effect (although no one seems to know exactly what it is), and

we've been reading for years that an environmental calamity of Biblical proportions is headed our way. The figures are pretty daunting. For example, at the current consumption rates (and they will surely increase, by the way) worldwide petroleum reserves

are expected to last only 35 more years. The rate at which fresh water and usable landfills are being consumed is equally alarming.

"So what am I, the little guy, one single lone eco-hero in a sea of multinational environmental villains, supposed to do that's going to make a bit of difference?" Good question. The first thing is to *never* think that one person's actions don't matter; an individual's responsible acts, multiplied tens of thousands of times, can have a far-reaching positive impact. And the place to begin is at home, right here in La Mesa Village.


Several months ago, the City of Monterey distributed green plastic recycling bins to each family, which are picked up weekly on trash collection day. The dark green ones are for newspapers, and the light green ones are for plastic, glass, and metal. For anyone who has gone through the drill of having to separate out different types of metal and glass, and drive the whole pile ten miles to a recycling center, this is a giant leap forward. Yet there are *still* people who consider it too much trouble to place an empty plastic laundry softener bottle in the recycling bin, preferring instead to send it to a landfill where it will remain for the next several ice ages. In our family, we recycle soda jugs, plastic drink cups, rinsed medicine bottles, and so on. It's a habit,



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Recycling is really just a first step, and the bare minimum that a family should do. But you can do so much more, with very little effort or extra thought. Here are some ideas:

— Buy goods in bulk quantities, using your own containers where possible. Most products are excessively packaged, anyway. Ever count the number of wrappers you must remove to get at a stick of gum?

— Fix things rather than throwing them away. Recycle them if not repairable. The average American discards 84 pounds of plastic annually.

— Turn off lights in rooms not in use. Electricity not used means fuel not consumed making it.

— Walk, ride your bike, share a ride, take public transportation. The average American consumes 300 gallons of gasoline each year, and that doesn't take into account wear and tear on your car.

— Make every drop of water count. Our taps in La Mesa dump about 1-2/3 gallons of water per minute down the drain while we're shaving, waiting for the water to heat up, or just taking a Hollywood shower. Condition yourself to not flush the toilet every time you put your nose-wipe in it.

— Share a newspaper rather than buying one. Consider exactly how many columns of print you actually read in your paper, and decide if it's worth the tree you use up every two

weeks. Make used computer printouts into notepads and drawing paper for kids, then recycle them when done. Buy products in packages made of recycled materials.


Most of the above suggestions have the added benefit of saving you money as well as conserving resources, so why not kill two birds with one stone?

There are obviously many other things that concerned citizens can do to make a difference. But the important thing is to take the first step at home. By practicing recycling and conservation at home, you will also be teaching your children these values by your good example. "Think globally, act locally."

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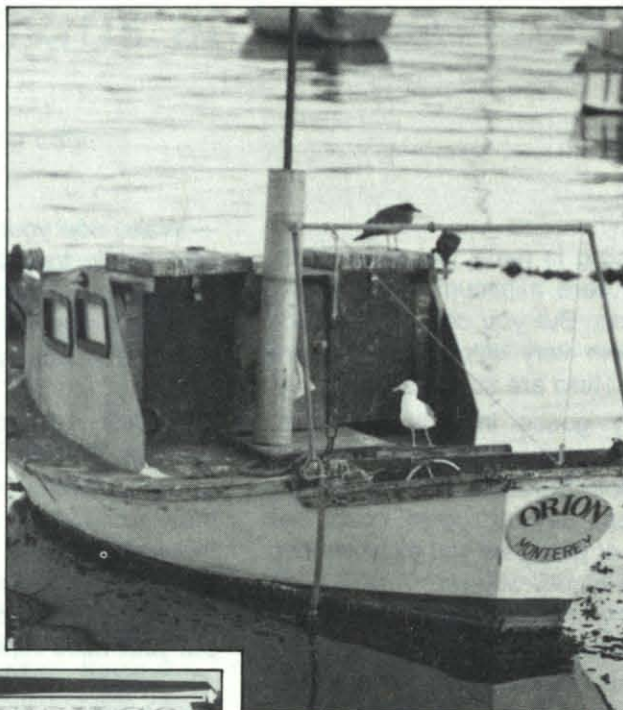
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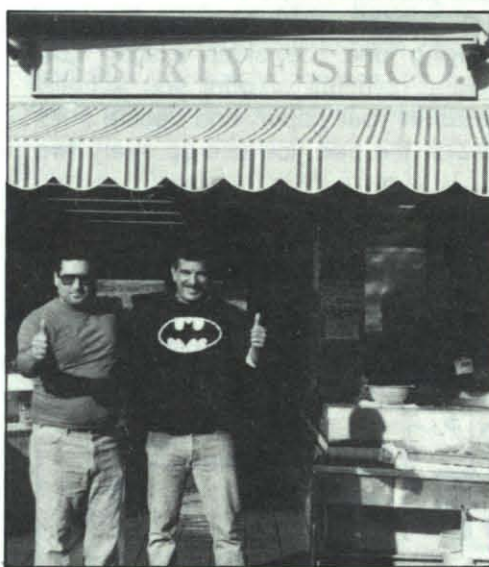
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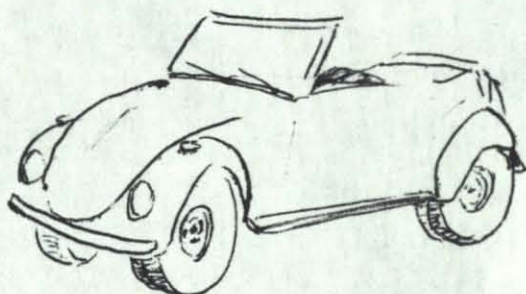
All Aboard!



Smile Please!

Life Among the Ruins

Rules of the Road



by Leigh Gardener

Last night on the news, I saw a story the networks did on an exclusive subdivision in Chicago. It seems all the locals have banned pick-up trucks from being parked outside their homes. They feel it detracts from their surroundings.

I certainly agree with these people, so I thought I'd compile a list of suggestions for cars parked here in La Mesa Village.

1. If you own one of those mega-dollar cars, would you please park it out of sight? Then the rest of us with our standard brown grocery getters and sedate sedans might not feel so bad.

2. If your car is parked out in view, would you please see to its appearance? Those of you who delight in sparkling paint, gleaming chrome, and spotless interiors should at least scatter a few Cheerios here and there or

leave a few odd Barbie clothes between the seats. A ninja turtle or two on the dash would almost certainly let us know you are sympathetic to our cause.

3. During the peak moving times, it would be noted as a gesture of goodwill if some of you would drag out your car-top carriers (the ones designed by Ronald McDonald that resemble Big Mac containers) and dangle a few clothes from the side so our incoming neighbors might not feel so conspicuous. Not washing your car for six months would also add to the "we just arrived from the East Coast" look.

These are just a few helpful suggestions this month from Life Among the Ruins. As always, the opinions of this author are not always the opinions of her husband.

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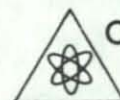
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A consultation with one of the staff at Chris of Carmel Salon and the use of Redken products before and after a perm can virtually eliminate the problem. If the ends of the hair are beyond help, gradual trims while reconditioning with hydrolized amino acids can return it to the soft, bouncy, healthy hair you love to touch and most especially love to see in the mirror.

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Clark Suttle, Music Director and Conductor of the Monterey County Symphony, will conduct the orchestra on Sunday, March 25th in King Hall, Monterey at 3:00 P.M.

Hermann Baumann, Solo Hornist from Western Germany, will perform the Concerto for Horn by Paul Hindemith. The program will also include the Prelude to Act I and Act III of "Lohengrin" by Richard Wagner and Symphony No.9 in D Major by Gustav Mahler.

Mr. Baumann is considered one of the finest horn virtuosi in the world today. His orchestral engagements have included performances in Tokyo, Vienna, Jerusalem, Warsaw, The National Arts Centre Orchestra in Ottawa, Orchestre National de Paris, and the Bulgarian State Orchestra.

Tickets are available at Center Stage Ticketing, or by calling the Monterey County Symphony Office, 624-8511. Single tickets to these concerts are \$7.50 to \$20

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Say it with flowers— In Japanese

by Paula Palmore & Susan Romanelli

Expressing feelings with flowers is nothing new to the Japanese. Ikebana, an ancient form of flower arranging, captures the beauty and grace of nature for others to see. But what is it?

Literally translated, Ikebana means living flowers and is a term applied to all the various styles of Japanese floral art. Although flowers are the central focus of most Ikebana arrangements, all growing materials such as grasses, branches, and weeds are used to accent a piece. Some schools even add modern enhancements like stones, plastic, glass, and candles.

Ikebana was first introduced in Japan in the 6th century by Chinese Buddhist missionaries. Arranged flowers were ritually offered to Buddha. The Japanese readily accepted this new art form and in 607 Ono-no Imoko, a former Japanese ambassador to China, founded the first school of flower arranging in Japan.

Since the time of the Shoguns, Ikebana has separated into nearly 3,000 different schools. Each school has its own rules of arrangement but in many cases styles differ only slightly. Among these new schools is the Ohara School founded by Unshin Ohara early in the 20th century. Because Western flowers were being brought to Japan by then, the flower master created a new low bowl and a new style called "moribana" (heaped up flowers) which gave his arrangements more freedom and flexibility.

For anyone who has done a military tour in Japan, Ikebana becomes an ac-

customed sight. Many have taken Ikebana class in English at base community centers. For the uninitiated, Ikebana arrangements can look a bit stark compared to the customary symmetric FTD floral bouquets. As one friend politely remarked, "It's nice, but it's not really finished yet, is it?" The secret to moribana is the definition of the empty space in the bowl.

Ohara school is taught locally by a group of five teachers at the Buddhist temples. A beginning student starts with four basic forms: A, B, C, and D. These forms feature an object (usually a tall branch one and a half times the length of the bowl) juxtaposed with the subject (usually a flower one-third the length of the object). All the other materials in the bowl are fillers to these anchors.

The A style is the only one of the four that sits in the middle of the bowl. "A" shoots upward and outward toward the viewer. "B" is similarly arranged but takes advantage of its location in the

side of the bowl. "C" and "D" are both positioned in the side of the bowl and both arch over the broad empty half. "C" arches over the empty bowl leaning toward the viewer while "D" dramatically arches up and in back of the bowl, away from the viewer.

All four arrangements can be breathtaking in their simple definition of space. The degree of feeling varies, depending on the flowers and the branches chosen.

Ohara School is offered at the Monterey Peninsula Buddhist Temple at 2 p.m. on the second Monday of the month and at the Salinas Temple at 7:30 p.m. on the second Thursday of the month. All classes are informal and students complete a flower arrangement (with coaching of course) each session. Classes are always open to beginning and continuing students, although a commitment of at least four lessons is recommended. For more information call Joanne Nishi at 372-1023.

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WEIGHT LOSS

She's A Winner

by Christine Brock

To see Trish now, it's hard to imagine she ever weighed 247 pounds. But last January, after years on a rollercoaster of crash diets, she simply changed her attitude about weight loss and shed more than 100 pounds in less than a year.

Q. How did you do it?

A. About a year ago, I changed my way of thinking. I did some research on what nutrients and vitamins my body needs to be healthy and function normally. I give my body what it needs and nothing more.

Q. Do you mean you count calories?

A. I don't count calories. The fat content is all I care about. If a food has fat or sodium in it I don't eat it, because all I'm doing is feeding those fat cells. Your fat cells are there forever. They never go away. You don't lose them but they do shrink. I've simply shrunken mine by not giving my body extra fat.

Q. What do you eat?

A. I rarely eat meat. I'm a vegetarian for the most part. I drink a lot of water. I do eat some dairy products, like cheeses made with skim milk. I love fish.

Q. What kinds of meals do you prepare for yourself?

A. For breakfast I had one egg, toast and some coffee. For lunch I had cheese. Tonight I'll have sushi. Whatever I have for breakfast determines what I eat for the rest of the day. The quantity of the food isn't nearly as important as the fatty content. I'll get the protein and the carbohydrates and I'll get the energy.

Q. Is eating like this difficult for the rest of the family?

A. No. I'll fix a regular meal and then make a bowl of rice and some fish for myself.

Q. Don't you sometimes feel like a short order cook?

A. You have to come to a different mental attitude about the whole thing. If you don't, you're spinning your wheels. I'll bake food (like turkey) on a grill so that any oils will fall down into

the pan. I use pepper and garlic. No salt. I even order pizza, but I take a piece of paper towel and sop up the grease.

Q. What about exercise?

A. Just going for a walk on the beach is enough. You don't have to be a sports nut. When I was weightier I never thought I could run, so I walked along the beach. It built up stamina and now I can run about a mile. I exercise three times a week for about 30 minutes. I exercise hard. I get my pulse rate up to about 180, bring it down slowly, and I'm healthy.

Q. Did you have to buy a whole new wardrobe?

A. No, I had all my clothes altered. They gave me the extra fabric. I have it in a big bag and I look at it and feel great about myself. And, when I do buy something new, I don't have to try on the whole rack anymore.

Q. Did you ever want to quit?

A. Quit taking care of my body? Absolutely not! I feel so good. I have this feeling of euphoria all the time. I know I look good, because I feel good.

Q. So you don't feel like you're on a diet?

A. I'm not on a diet. I just give my body what it needs. I don't deprive myself. I'm a chocoholic. If I want to pork out on chocolate, I pork out on chocolate, and I don't feel guilty because it's not going to hurt me. What is going to make me gain the weight is to binge constantly.

Q. What kind of research did you do?

A. I took a class in nutrition at Monterey Peninsula College. I also did a metabolic study on myself. I need 1700 calories to maintain me if I'm resting all day. Just think how much food that is? I burn every calorie that I put into my mouth. A lot of people starve them-

selves which actually slows down their metabolic rate. They're hurting themselves.

Q. What would you tell a person just starting to diet?

A. Don't get on the scale every day. Look in the mirror and tell yourself, "I look good, but I can look better." Eat normally but eat smaller portions. Most of us will take a 6 or 8 ounce steak. Your body only needs only 3 ounces. Do some exercise. Get the fat out of your diet. Eat the right foods: salads, rice, fish, beans, breads, steamed vegetables.

Q. Do you have any more weight goals for yourself?

A. I'm 5 feet 9 inches tall and weigh 145 pounds. That's pretty good. I'd still like to tone up some more. (She smiles) I look good, but I can look better.

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Photos and story by Joy Lukenbill

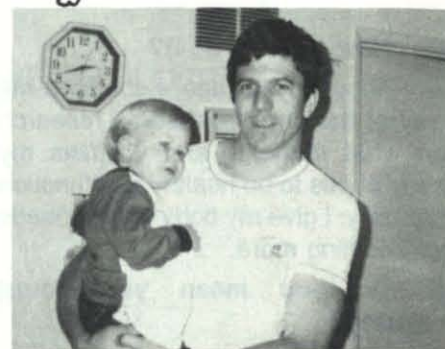


My first impulse when I think about my wife and Valentine's Day is to reconstruct the gift I gave her on V-Day when we first started dating. I had a dozen roses delivered every

hour for six hours to her place of employment. If there was ever a moment of victory; that was it; she surrendered.

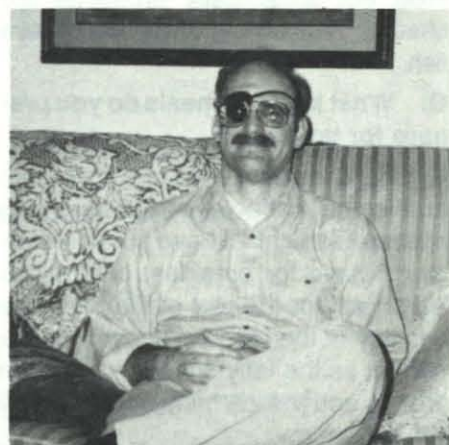
But I was single then, with no sense of fiduciary responsibility; so this year I shall pick an appropriate card and draw six dozen roses on it, present the card at the right moment and then take her to dinner at a small but romantic restaurant where I can again reaffirm all those things I so callously neglect to tell her in my word, action, and deed. That all I am as a man, a husband, and a father I owe to her and her servant spirit.

Arthur Pue



"We're going to get Mommy season tickets to the Monterey Lacrosse Club games, to watch Daddy play, (they're free). We might get her a dozen roses too, if she's nice to us."

George Bonsall



This Valentine's Day I'll give my wife flowers and take her out for a nice dinner.

Dave Snyder



My Valentine Gift To My Wife

Personally, I feel roses are a little cliché not to mention outrageously expensive. This year my gift will be an "escape night" at a local bed & breakfast inn while our son spends the night with a friend.

Tom McKavitt



On that very special day when sweethearts the world over are engrossed in romance, I have special plans for Mollie. I won't say "Hey

Prego, roll out of the sack!" I'll feed the kids, do the breakfast dishes and change the baby; no, wait, this isn't our anniversary — stop with the dishes. Maybe I'll take Mollie fishing or let her drive the golf cart through 18 holes. Boy! The fun she'll have! I'll buy her flowers — the plastic kind, you know the ones that end up in Aunt Matilda's basket on the back of the toilet. (Practical gifts are important). Finally, I'll take her to a nice restaurant for dinner — someplace with cloth napkins and a headwaiter named Jean-Luc who serves drinking water with citrus leftovers in it. This will get her in the mood to come home, turn down the lights and watch "NFL Bloopers" on T.V. Yeah, I love her — she's a real keeper.

Chuck Baker



Me and my corvette — what else could a girl want?

Patrick Davis 3 yrs old



For My Wife on
Valentine's Day

I will be taking her to a nice romantic place for dinner (of course a place where I can use my Town & Country Diners Club card), with babysitting arrangements all taken care of by me (using some of her co-op points of course). She'll get a few dozen roses (purchased from Del Monte Produce for about \$5 a dozen), and a nice card (made by our daughter at preschool).

So I skimp a little bit when it comes to material things but when it comes to picking a Valentine I chose the most priceless gem of all, my wife Joy!

Charlie Lukenbill



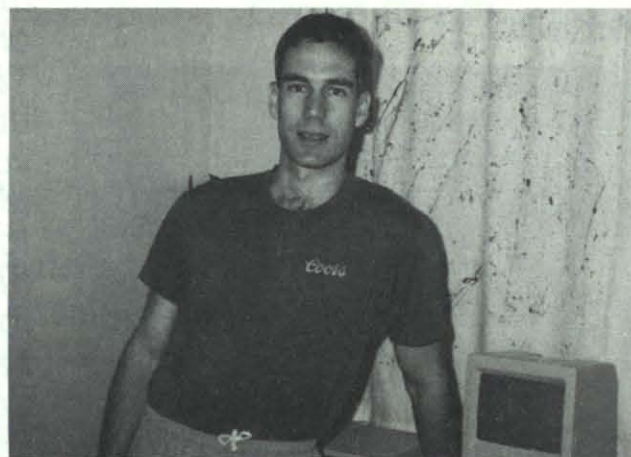
For Valentine's Day I am giving my wife my everlasting love And a horseback riding trip.

Jim Pettigrew



FOR VALENTINE'S DAY I AM GOING TO DO THE TRADITIONAL FOR MY WIFE: FLOWERS AND DINNER AS WELL AS THE NON-TRADITIONAL. I AM GIVING HER A BUNGEE JUMPING ADVENTURE.

MARK DAVIS



A candlelight dinner or an intimate cardful of proses,
A box of candy, bottle of perfume, or a dozen red roses,

I've never been romantic, so which gift will she get?
I love you, darling, but this stupid poem is it.

Mike Helwig

Mornings— What a Way to Start the Day!

by Marianne Bingham Rowe – MS, MFCC

Sometimes it seems that making sure everyone is up, dressed, fed, has all that's needed for school or work, and is out the door on time is the most frustrating or challenging task of the day. On mornings that are particularly chaotic, a parent can feel worn out before even starting the car and look forward to getting to the office for some, relatively speaking, peace and quiet. When there is a limited amount of time for several people to do a number of things, it is very easy to have a lot of difficulties. It is possible, however, to minimize the aggravations and maximize the likelihood of starting off the day rather smoothly and pleasantly. The key lies in setting the stage for a system that works — one in which each person is responsible for himself to the degree that he is capable, the tasks are shared among everyone involved, and there is flexibility in the routine that accommodates the individuality of the family members.

Children, being human, have their own likes and dislikes and usually respond more positively when these are taken into account. This does not mean that a parent needs to get up at 3:30 a.m. in order to cater to the child's wishes; it means that wherever possible what works best for the child can be taken into account and utilized to help things run more smoothly. For example, different people like to be awakened different ways — some children may like for a parent to let them know it's time to get up by a call, a gentle back rub, a playful wrestling match or their own "wake-up game" they've created; others may prefer to be in charge of themselves and set a clock for alarm or music with or without "snooze option." It usually works best

when a child is awakened the way she prefers because, not only is it more pleasant for the child, but, as with anyone, a child will feel more investment in the success of a system in which she has had input. Talking with a child about how she would like to wake up (or trying different ways so the child can choose which she likes best) can give her a sense of power and importance that she might otherwise "fight for" by staying in bed after the fifth wake-up call.

The struggle for power can also be felt when a child dawdles or "forgets" and mom or dad feels the compulsion to repeat every morning: "It's time to get dressed...wash your face...brush your teeth...eat all your breakfast...drink your juice...put on your coat...don't forget your lunch..." This routine might not be so aggravating if each instruction were followed when it was given one time, but usually this pattern involves each direction being repeated three times, each time more loudly than before, so that by the time everyone's in the car the parent feels like an exhausted drill sergeant and the child feels like an incompetent blob. The most effective way to defuse a power struggle is to make sure everyone can feel a sense of power or accomplishment in the task being completed. It is the child's responsibility to get himself ready to go (to the degree that he is developmentally capable). The parent's job is not to "make him" get dressed, but to set up a situation that allows him to get ready and let him know the limits in which he has to work. If a nine-year-old knows that he needs to be out the door at 7:30 in order to

continued on next page

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get to school on time and that either he will be out the door at 7:30 in whatever state of readiness he is or will take the consequences at school for an unexcused tardiness, then he will tend to take that responsibility on himself and see that he does what he needs to do in the time he has to do it. Verbal reminders for young ones can be minimized by the parent and child making a "picture list" that shows what needs to be done and then putting it where the child can refer to it (or check off his accomplishments) as he learns his morning routine. A stress reducer which naturally follows in this set-up of each family member being more responsible for himself is the delegation of duties. This division of labor and responsibility strengthens the system by decreasing the dependency on one key person to get everything done by either doing it herself or orchestrating everyone's movements through verbal directions, negotiating bargains ("You can ride in the front seat if you eat all your cereal."), or outright threats. Thus, the primary responsibility (and motivation) for getting the child ready is where

it belongs — with the child himself — and he can feel power in his capabilities and accomplishments as he starts his day.

this morning," "It's helpful to me when you put your dish in the sink," "Looks like you made yourself a delicious lunch today," or whatever is appropriate




Of course, most children like to be told when they're doing something right. It is helpful to communicate positive messages such as "I really like how you remembered to brush your teeth

appropriate for the age and personality of the child. The point is that the child not only feels good about his actions but that he knows that the parent noticed and appreciated his efforts.

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In addition to helping the child become more responsible for himself and letting him know that he's doing a good job, a parent can make the morning routine go more smoothly by taking into account a bit of preplanning, what is physically comfortable and a child's awareness of time.

— It, of course, decreases the number of things that have to be done in the morning, to do whatever can be done ahead of time the night before. Clothes can be selected, lunches (or parts of lunches) can be made, books and papers can be gathered up — all of which can usually be accomplished more easily in the evening rather than in the middle of a morning rush.

— It is much more likely that a child (or anyone) will be willing to get out of bed if the house is a comfortable temperature. If a parent is the first one up on a chilly morning, he can increase the probability that his child will arise on the first call simply by turning on the heat.

— Television attracts a child's attention and, as a result, usually slows him down in accomplishing the tasks at hand. If the t.v. is going to be on at all in the morning, it is most helpful as a reward for being ready early.

— Finally, because children are not instinctive clock-watchers, it is often beneficial to sound a "10-minute call" to let everyone know it's almost time to leave. Older children may enjoy being in charge of sounding the call and may get quite creative in the form of signal they choose.

The keys, then, to developing a workable morning routine are to build on the child's capabilities and thereby increase her sense of motivation and personal power, set up logical consequences for tasks not completed, let the child know that her efforts are appreciated, and attend to a few minor details that can make a big difference in the flow of the routine. By adapting some of these ideas to the personality and system of his own family, a parent can make mornings manageable and, indeed, an acceptable way to start the day.



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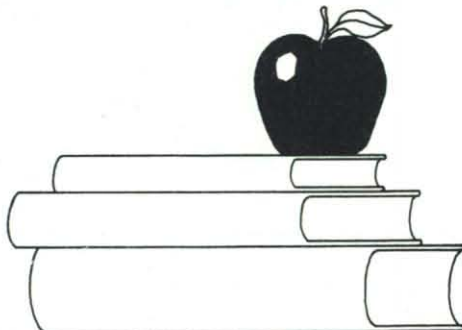
by Mary Anne Schneider

Several months ago in this column I wrote about my mixed feelings as I sent my youngest child off to kindergarten. I mentioned that soon the "godlike" kindergarten teacher would eclipse the maternal influence in my son's life. My son was lucky enough to enter Mrs. Lowery's Kindergarten class at La Mesa Elementary School. Mrs. Lowery has been teaching Kindergarten for almost twenty years.

I hoped, as thirty other sets of parents probably hoped, that my child's kindergarten experience would instill in him a love and trust of learning in the elementary school environment. My child was special to me, and I wanted a teacher who felt that specialness about my child.

I have been a preschool teacher for

twelve years, and like a dentist who surreptitiously examines the condition of his own dentist's teeth, I have always felt particularly sensitive about the



teachers my children had in preschool and the early elementary grades.

I was not disappointed. Mrs. Lowery's classroom is a calm haven in the midst of my son's life. There are three

color-coded rules that govern the behavior of children and adults in the classroom. They are color coded so non-readers may more easily remember them. The rules are, "Be a good listener, Do not hurt inside or out and Follow directions."

Mrs. Lowry, who must have a formula that many parents would love to emulate, keeps control of the students in her charge not by raising her voice, or threatening, but by merely relying on these three rules that are assimilated in the first few weeks of school. My son has never been an acquiescent follower of rules and directions, but in Mrs. Lowery's classroom it only takes a "warning" to modify his behavior. After a "warning" you may be sent to the "table" and this is a consequence



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he does not want, at least while in his teachers presence.

The main task of kindergarten after adjustment is learning. The stimulation of learning is a constant in Mrs. Lowery's classroom. I had reservations about my son's ability to sit still for any length of time, and had noted that as a preschooler he loved active movement more than quiet activities. After several months of kindergarten, I have seen how eagerly he starts each school day and how excited he is to be learning a wide array of wonderful, new ideas.

A piece of yarn becomes homework. He manipulates it into vertical, horizontal and angle shapes. The silverware drawer is emptied and solemnly sorted and all the doors in the house are counted. Each day brings a "quiz" of some of my own forgotten knowledge. How many bones are in the human body? How does a bat, who is blind, find and consume a fly? Do I know what the word equivalent means? He is so happy with his newfound knowledge and can't believe I don't know all these facts.


Mrs. Lowery has an excellent sense of humor, which is one of the most important qualities that teachers, as well as any human, can possess. Her personal friend, "Mrs. Lippincott", my son informed me, writes books for Mrs. Lowery to use in her classroom. When you can't reach something in the classroom, you can always rely on the "Lowery boost." "Lowery magic" happens when the teacher closes her eyes, counts to three and finds thirty kindergarteners sitting quietly, Indian style, waiting to see what Mrs. Lowery has to say.



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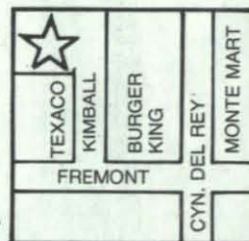
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Sweet Sentiments ...Or Else!

by Lydia Ariaudo-Gragg

My heart belongs to a dozen red roses, a box of chocolates, a wine and dine restaurant and a weekend at the Highlands Inn. I'm not asking for much. Just the usual Valentine treat that I deserve and that would delight me in the middle of February. Oh sure, I could settle for a cheeseburger, large order of fries and a diet soda and sit by the fire with the kids and roast marshmallows until the bag is empty, but that's

just not my idea of a sexy evening. In fact, most of you women there would give your husband or boyfriend the silent treatment if they forgot this special occasion.

I personally have to alert my husband one month in advance that Valentine's Day is just around the corner. As the date approaches I usually drop a few hints like how it would be nice to smell some red roses around the

house for a change; or how a box of Ghirardelli chocolates would be excellent to savor after a nice dinner by candlelight; or tell him how pretty the cards at the Hallmark store look this year compared to last year's selection; or mention that I have a babysitter for the night of February 14th and not to make plans with the guys.

As the day draws closer I'll offer to make reservations for the most expensive restaurant on the peninsula. If there is still time, I'll drag him to the nearest jewelry store to look at some FINE diamonds, and indicate how much nicer they would look on me than in the display.

When that eventful day arrives instead of getting ALL OF THE ABOVE, I end up with NONE OF THE ABOVE.

How many times has this happened to you? How can we prevent this from happening again? We should not always accept the deep apology from our husbands when they come home empty handed. Refusing to let them into their own home because they forgot is not a solution, and reminding them too far in advance does not work.

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They need to be reminded the day before. Cheerfully remind him that Valentine's Day is tomorrow and it would really be nice to have that dozen or two roses and that you've waited patiently for this all year.

On Valentine's Day, give him a long good morning hug and once again sweetly remind him that today is a very special day. Draw a red heart on his pillow so he'll get the picture. Wish him the best of luck in finding you a nice Valentine present. After he has left, go out and buy yourself a box of chocolates, a dozen roses, a bottle of wine, a small diamond (the diamond being carefully gift wrapped), and make the dinner reservations at your favorite restaurant. While you still have the active credit card in your hand, go ahead and buy that \$400 dress that's not on sale.

When he comes home empty-handed and starts to apologize, show him everything you got with his credit card and tell him what a wonderful per-



son he is. When he receives the Visa bill for \$3000 at the end of the month (remember the ring only cost \$2500) remind him that it was the Valentine's Day gifts from him that he forgot.

Show him this article before Valentine's Day and see what kind of a re-

sponse you get from him if you were neglected last year.

If you weren't deprived then continue making Valentine's Day special. Remember, a way to a woman's heart is through roses, chocolates, wine and a weekend at the Highlands Inn.



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The Gift That Keeps On Giving

by Nancy Lawson

Now that Christmas is behind you, it is time to make your "I did not get it for Christmas, so I better get it for Valentine's Day list." For those of you who have never experienced the joy that one of these lists can bring, let me assure you, they do work! When your husband reads your list and realizes that he did not get you anything you really wanted for Christmas, he will feel

so guilty that you just might get everything on your list! To get into the spirit of the task, I will share my list with you.

Nancy's I did not get it for Christmas, so I better get it for Valentine's Day list

1. Blue Corvette
2. Black Jaguar

3. New house
4. Swimming pool
5. A new puppy

Two years ago my list looked almost the same, but my husband was not feeling particularly guilty so I only got one thing on my list. You guessed it, I

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got a new puppy. Since that Valentine's Day in 1988 that same puppy, which is now a 40 pound dog, has been used for 2 Easter, 2 Birthday, 1 Valentine and 2 Christmas presents. Needless to say, this year I informed my husband that he could not use Matilda for a present again. Upon hearing the news, he frowned and then replied; "But honey, she's the gift that keeps on giving!" As I considered what my husband said, I realized that a truer statement had never been spoken!

Matilda continues to give me endless walks at three in the morning, a hole a day chewed in my sheets, bits of shredded newspaper on every floor in the house, a dog food bill that could feed Dumbo, a house full of toys to trip over and friends who think I have a make believe dog, because she is too afraid of people to let anyone see her! If all that sounds a little grim, do not be so quick to feel sorry for me. You do not have to come home to the same

things I do.

At the end of a hard day's work, as I drive into the garage an excited bark greets me. Next, two medium size paws hit me in the chest as I walk through the back door as I see a tail that wags so fast it ought to be a windshield wiper. Finally I see her face, with those happy eyes that dance with mischief, as she plants hundreds of kisses on this familiar face! My husband has been home with her for hours, but she never fails to let each of us know how very much she missed us while we were away!

Pets give of themselves to their human friends each day, no strings attached! When my husband was away on deployment my pets protected me, listened to my heartaches, absorbed a few tears, helped me write letters when I did not feel like it, were awakened at 3 a.m. just so I could talk about the phone call I had just received from my husband, as well as being my constant

companions through one of the most difficult times of my life. They made my home much more than just an empty house to come home to!

Pets give their loyalty and friendship all of their lives! But now you ask: "What is the catch, what do they want in return?" All they require is you loyalty and friendship. Come moving time, don't leave them at the local shelter because it makes moving easier for you. Be assured, moving is no picnic for animals, but they would much rather be with their trusted friends than in a cool dark shelter. Remember, no matter how cute, not all homeless pets are adopted. They need ample food and water, as well as a warm bed at night, it does not have to be yours, anyone will do. Last, they need the same love they give you.

If you want a *life long* friend, and you are prepared to be a *life long* friend then by all means get a pet. They truly are "the gift that keeps on giving!"



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Table for Two

Romantic Rendezvous

by Kim Burton

This is Valentine's Day, if you don't want to say it with flowers, why not try a quiet, candlelit dinner for two? The romantic glow from an evening with the one you love, away from children and cooking, can kindle a warmth that lasts all month long. But, which one of the Peninsula's many restaurants holds the "table for two" that is right for you?

Before I share some of my favorite dining spots, let me shed some light on my background and philosophies. I'm a nearly-native (having lived here 25 years), married to a graduate student and the mother of two children under 7. As you might imagine, I'm very familiar with the limited-budget and limited-time facts of life that many of you face.

I've been in the catering business for several years (working with Scrumptiously Yours and Flowering Foods). The food I enjoy in restaurants is the same I like to make for friends and clients — fresh, exciting flavors presented simply and beautifully. I don't like to be overwhelmed with rich sauces, overspiced or salted foods or bland, greasy stuff. Creating and serving good food is an art; fortunately the Peninsula has many such culinary artists.

A romantic rendezvous, to me, means a quiet table for two in an atmosphere of warmth and caring. Wonderful food is a must, as well as unobtrusive service, fresh flowers on the table and attractive presentations. And a blazing

fire in a fireplace certainly helps! Two of my favorite romantic spots or Fandango in Pacific Grove and From Scratch at the Barnyard Shopping Center in Carmel.

Fandango, at 223 17th St. in Pacific Grove, is a Basque-inspired cottage that houses delicious country-style French and Spanish foods. Their grilled meats and fish dishes are a specialty, as are the elegantly presented desserts. The staff is expert and attentive. Take advantage of one of the cosy rooms off the main dining area for a truly romantic evening. Reservations strongly suggested at 373-0588. Prices range from \$9-\$16 for dinner.

From Scratch, at 3626 The Barnyard (next to Thunderbird for Kids), is an

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appealing space that nestles cushioned dining alcoves around a central fireplace. The food is always fresh and appealing, concentrating on local meats and vegetables. The serving staff is friendly and helpful, especially with suggestions from the irresistible dessert menu! Dinners range from \$7 to \$15, reservations (at 625-2448) are suggested.

My last two suggestions come from both ends of the restaurant spectrum. The Old House, at 500 Hartnell in Monterey, is a grand restaurant housed in

a beautifully restored adobe. The serving staff is marvellous, and the foods range from exotic seafood like abalone to inspired versions of French cuisine such as the cassoulet or peppercorned steak. The wine cellar is extensive, everything here is top notch, and as you might imagine, the dinner prices range from the \$20's and up! And don't forget the tip for the parking valets! Reservations required, at 373-3737. Definitely the place for a true romantic splurge. Happy Valentine's Day!



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Vineyard Vignettes

Days of Wine & Romance

by Lauryne W. Harvey

It's a breezy, carefree day as I enter the circular driveway of Kirigin Cellars in Gilroy. Completing the circle, I am treated to seemingly endless rows of sun-drenched vineyards planted on the southern slopes of the Santa Cruz Mountains in the Uvas Valley. A bright red antique gas station pump graces the cactus-lined drive. My favorite German Shepherd ambles over to greet me as I emerge from my car; Cuka has responded to the sound of the "gas

station-style" bell set off by the air hose my car has passed over.

The sound of that bell signals to Nikola Kirigin-Chargin that he has visitors; its now familiar sound signals to me that I'm in for yet another delightful visit and taste sensation. For a trip to Kirigin Cellars is more than simply wine tasting, though the wines are truly selective. It is a chance to chat with Mr. Kirigin himself, a man of effusive Old World charm who possesses a de-

cidedly romantic soul.

Kirigin came to the U.S. in 1959 from his native Croatia, now under Yugoslavian Communist rule. He left behind his family and his old family winery; the centuries-old vineyards had been taken over by the state. Arriving without funds or knowledge of English, Kirigin was fortunate to have relatives here to help him. His first job was assistant winemaker at San Martin Winery in San Martin, CA. A year later, his wife Biserka and three sons left Croatia to join him in America.

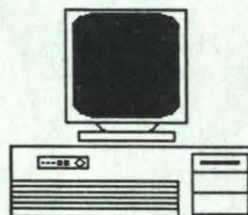
Kirigin became wine master at San Martin Winery, then went to Almaden Winery in 1967. In 1970, he moved to New York to join Canandagua Winery. Returning to California in 1974, Kirigin became vice-president of Perelli-Minetti Winery. A year later, he discovered that the Uvas Winery, owned by Louis Bonesio, was up for sale. Kirigin had harbored an interest in that winery because its surrounding countryside and temperate climate reminded him of the old Kirigin winery on Brac, the island where he was born and raised. Thus, Kirigin purchased the winery from the Bonesio family and Uvas Winery became Kirigin Cellars, sparking his life-long dream.

As I entered his cool, dimly lit wine-tasting cellar on this particular day, I was pleased to see a smiling Kirigin there to greet me. On my previous visit, Kirigin was in Germany on one of his many travels. As he told me that day, "The winery is my first hobby, traveling is my second." We spoke of his recent trip and of another trip that year, his voyage to South America, where he

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found strife and poverty that made him grateful to return home to the U.S. "This country is wonderful," he said. "So many people volunteer here. It's not perfect, but I don't know anywhere better."

Looking around at the fruits of a lifetime of winemaking, I studied the wall displaying framed articles featuring Kirigin and his winery, as well as his degree in enology which he earned in 1941 at the University of Zagreb. My eyes scanned the wine racks, stocked with premium wines bearing the simple, black and white Kirigin Cellars label. Kirigin's desire to produce high-quality wines in the old European tradition, using all the attributes of modern American technology, has been realized in abundance.

As I got out my pen and pad, ready to jot down the wonderful anecdotes Kirigin offered with the easy skill and pleasure of a practiced storyteller, he began pouring wine for me to sip at my leisure. Kirigin was telling me, "My vineyards are my garden; I like being in vineyards like I like being among flowers," and I was studiously writing down every word, when Kirigin paused to inquire in his beautifully accented English, "What next?" Thinking he meant for me to ask another question, I looked down at my notes to prepare my next query. Kirigin grasped my hands and said, "I meant, what wine do you want to try next?" I must confess that I am often so enthralled by Kirigin's stories that I forget to pay proper attention to the tasting of the wine!

So taste the wines I did, making sure I did not skip over Opol on the wine list, the Kirigin family wine. My omission of Opol, I knew, would prompt Kirigin to tease, "Don't insult my grandfather." Opol is a dry rose wine made with three red varietal grapes (all other Kirigin wines are 100% varietal), which is excellent with lamb, a popular dish in Croatia. As you taste wine, Kirigin recommends that you "ignore the first taste," using it to clear your palate. "Judge the wine on the second taste," he says. If you don't care for a particular wine, Kirigin won't mind. He will cheerfully pour it down the sink for you

Kirigin said that Sauvignon Blanc (herbaceous) and Gewurztraminer (spicy) have "the most distinctive character of grape." I asked him if he has a favorite from among his wines and he ran a finger down the wine list. "These are my favorites," he said, pointing to all of them. "But I do enjoy different wines with different foods." Kirigin feels there is a distinct relationship between wine and food. "My wife and I never have dinner without wine," he explained, adding that he has also never gotten drunk on wine with dinner. "Dinner without wine," Kirigin said with a twinkle in his eye, "is like a date without kisses."

Speaking of kisses, as it seems people often do at Kirigin Cellars, the winery produces a delicious dessert wine, concocted and patented in Washington, D.C. by Kirigin himself. Kirigin refers to the scrumptious VINO de Mocca as "kissing wine"; his

reasoning becomes quite evident when you taste the essence of chocolate and oranges that characterizes the aperitif. It is an enamouring experience of lip smacking pleasure, and Kirigin has proof that it works! A couple from San Jose brought visitors from Toronto to Kirigin Cellars for wine tasting, and the Canadian couple bought a bottle of VINO de Mocca. As testimony to its success, they sent Kirigin a photo and a copy of the birth certificate of their newborn baby, whom they had named Kirigin. As Kirigin says, "It works for me all the time!"

The wines of Kirigin Cellars are very reasonably priced, the least expensive are several varietals at \$5.50, the most expensive is the 1983 Pinot Chardonnay at \$8.50. "Chardonnay is more expensive," Kirigin said. "But don't blame me, it's not my fault," he teased with mock indignation. (Chardonnay grapes continue to increase in price and the

continued on next page

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consumer continues to pay the escalating price of the wine the grape produces.) Compared to many California Chardonnays, however, Kirigin's is actually inexpensive. And Kirigin has definite opinions on the pricing of wine. "If you pay more than ten dollars for a bottle of wine," he said, "you're paying for taxation, stupidity and snobism."

Kirigin's red wines — Pinot Noir, Cabernet Sauvignon and Zinfandel — are all of 1979 vintage. I asked him why he is able to hold them for so long in order to provide his customers with aged wine, rather than wine they buy and then must "put away" for a few years before drinking. "I like red wine aged," Kirigin explained. "And I have enough room in the winery to keep each wine and vintage separate. Besides, I don't need profits. If I make a profit, I lose social security," he joked.

That philosophy is "the beauty of retirement" for Kirigin, as he now considers himself retired. Because of retirement, Kirigin said, "These words do not exist in my vocabulary: I must, I should, I have to. Only the words: I like, I want, I might." Some of the things Kirigin likes are parties and celebrations. That's why his wine list offers two champagnes, one using the charmat pro-

cess, which is less expensive; the other is made with the champagneuse process and is excellent for special occasions.

Some additional notable selections at Kirigin Cellars are the Sauvignon Vert, a rare wine not to be confused with Sauvignon Blanc, which has a hint of sweetness and is refreshing all by itself. Kirigin's Blanc de Noir has an interesting characteristic, and I enjoyed it so much, I chose it for our "picnic bottle" on my next visit with friends. The wine's bouquet is exactly like the aroma of geraniums, which may not sound appetizing to some, but the actual taste is delightfully semi-dry, subtle and fruity. And last but not least is Malvasia Bianca, a delicate, flowery, slightly-sweet selection.

If you're journeying to Kirigin Cellars on a fair-weathered day, I recommend that you take a picnic — and Kirigin recommends that you do not drink wine from plastic cups at this picnic! The winery is on the site of the historic Solis Rancho homestead, and the first part of the existing building was built in 1827. Part of the present house, which is used as the Kirigin family residence, was built in the 1850's, and the vineyards date back to the 1880's. There

are several picnic tables nestled between the house and the vineyards, and Kirigin's dog, Cuka, will be happy to keep you company while you eat!

Kirigin gave me one final bit of advice on wine tasting and the trials and tribulations of personal likes and dislikes. "Your taste changes depending on your mood or disposition," he said. "And in certain company," he paused to smile, "everything tastes good." I suggested to him that perhaps that is why his wines seem to taste better and better each time I visit Kirigin Cellars.

...

Kirigin Cellars is located at 11550 Watsonville Road in Gilroy. Tasting room hours are 9 a.m. to 6 p.m. daily. To get to the winery from Monterey, take Hwy 1 north to Hwy 152, follow Hwy 152 through Watsonville toward Gilroy. Continue on Hwy 152 through Hecker Pass until you reach Watsonville Road. Turn left on Watsonville Road and follow it for approximately 4.5 miles. You will see the sign for Kirigin Cellars on your right.

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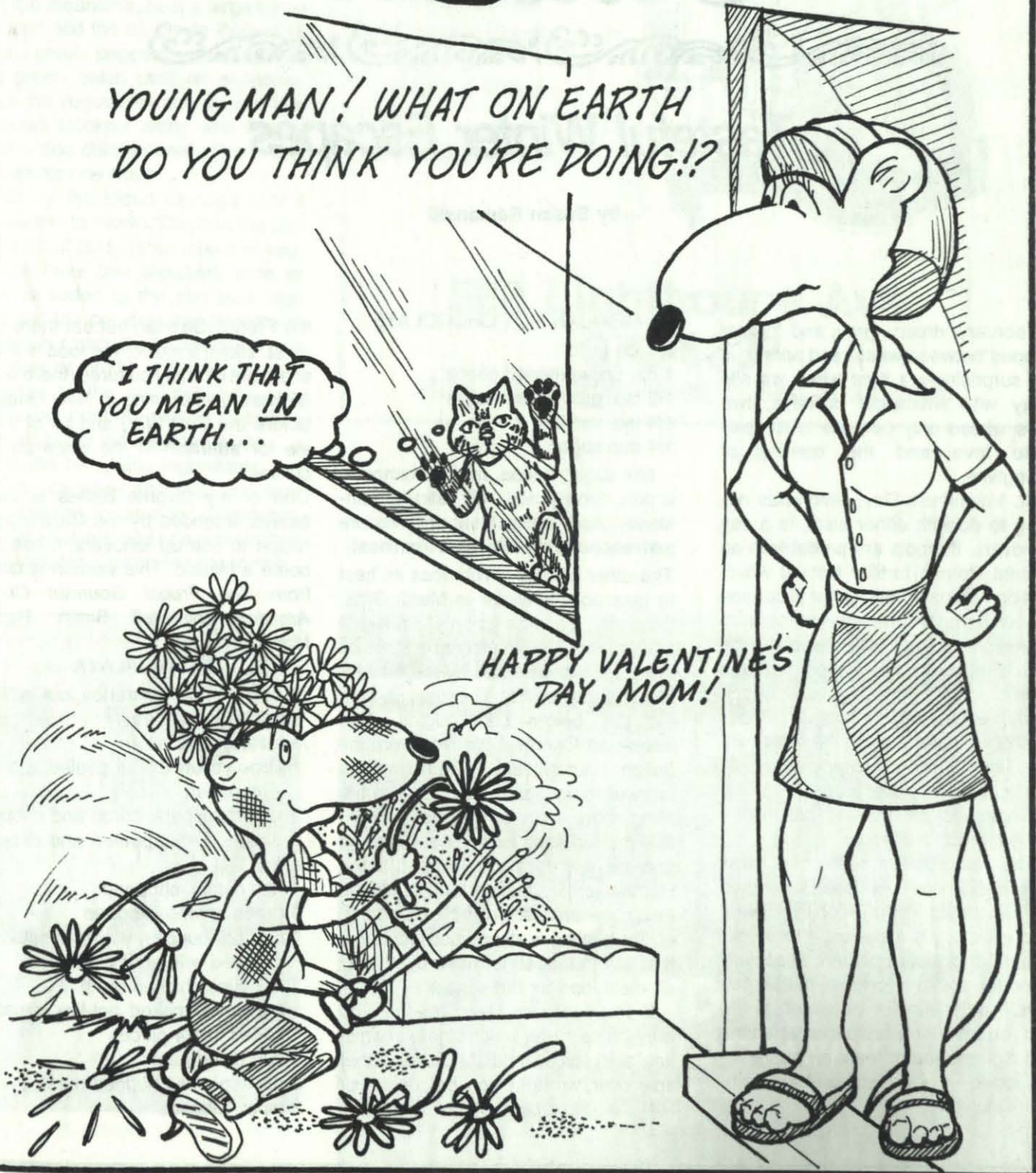
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Coastal Cuisine



Tasteful Winter Escapes

by Susan Romanelli

February, dreary, gray, and forever trapped between winter and spring, is not surprisingly a time when we slip away with whimsical holidays; two days whose only purpose is to celebrate love and the coming of springtime.

St. Valentine's Day, which has nothing to do with either saint, is a day for lovers. Its roots are probably in an ancient Roman fertility festival which falls on February 15th. Other historians believe it may commemorate the mating season of birds. In either case, the custom of exchanging valentines was around long before Hallmark began marketing sweet sentiments. Paper valentines date back to the 16th century. The custom of exchanging chocolate is a little more recent and, my apologies to all greeting card companies, much more fun.

This chocolate confection was served at Monterey's Casa Soberanes for "Christmas in the Adobes". Sweet and velvety, it's a perfect afterschool valentine for your children, especially if you top it with a few mini-marshmallows. Add a stick of cinnamon to the cup you save for your special Valentine and I guarantee at least an appreciative smile — not directed at the computer monitor.

MEXICAN HOT CHOCOLATE

- 2 cups milk
- 1 oz. unsweetened cocoa
- 1/2 tsp. ground cinnamon
- 1/4 tsp. vanilla
- 1/4 cup sugar

Mix sugar, cocoa, and cinnamon in a pan. Slowly add milk, stirring constantly. Add vanilla. Heat until mixture just reaches a boil. Remove from heat.

The other holiday which does its best to jazz up mid-winter is Mardi Gras. Originally primitive man's salute to spring, it was eventually absorbed by the church and named by the French. Mardi Gras, or Fat Tuesday, is held the day before Lent begins. Also known as Carnival (derived from the Italian *carnelevare* which means farewell to the flesh) Mardi Gras is nothing more than a wild party when everyone dresses as someone else. It can be traced back to that same Roman fertility festival and could be held nowhere else but in New Orleans, a city battling a depressed economy that still manages to make every day a celebration for the senses.

If you ever visit New Orleans, you may inhale the air which smells of whiskey and spices and the flowers that spill over wrought iron balconies, or feel the jazzy beat which permeates

the French Quarter, but eat there you must. Like it's music, the food is a descendant of many cultures (there were 68 nationalities living in New Orleans before the Civil War) and all of them vie for attention in the city's unique cuisine.

One of my favorite dishes is Jambalaya. Intended by the Cajuns as a recipe to use up leftovers, it has become a classic. This version is taken from *The Frugal Gourmet Cooks American* by Jeff Smith. Happy Mardi Gras!

JAMBALAYA

- 2 pounds pork spareribs, cut into single-bone pieces
- 3 tablespoons oil
- 1 large yellow onion, peeled and chopped
- 2 green peppers, cored and chopped
- 3 cloves garlic, peeled and chopped fine
- 4 ribs celery, chopped
- 6 green onions chopped
- 1 can (28 ounces) whole tomatoes, crushed with your hands
- 3 1/2 cups chicken broth
- 1/2 pound smoked hot-link sausage, sliced in 1/4 pieces
- 1 cup diced ham
- 3 tablespoons chopped parsley
- 2 tsps. Tabasco

1/4 cup Worcestershire sauce
 3 tps. whole thyme leaves
 salt and pepper to taste
 2 cups uncooked converted rice

Place the spareribs on a broiling rack and bake them in a 400 oven until brown, about 15 - 20 minutes. Set aside.

In the meantime, heat a large frying pan and add the oil. Saute the yellow onion, green peppers, garlic, celery, and green onion until all is tender. Place the vegetables and the ribs in a 12 quart stockpot along with the tomatoes and chicken broth. Cover and simmer for one hour.

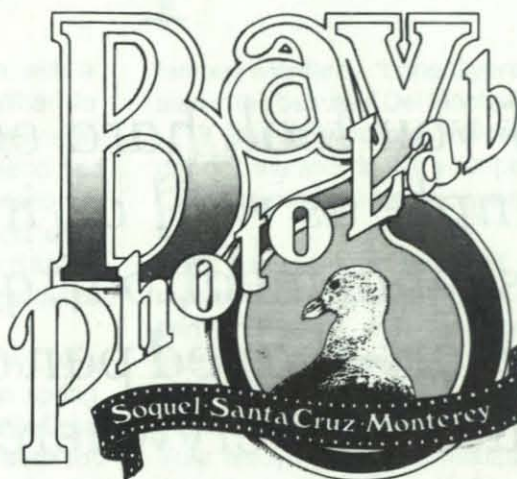
Pan fry the sliced sausage until it just begins to brown. Deglaze the pan with a bit of broth (after meats or vegetables have ben browned, wine or stock is added to the pan over high heat and the coloring that remains in the pan is scraped and combined with the wine or broth) and add the pan drippings to the stockpot. You may wish to pour out the excess fat before deglazing. Set the sausage aside.

Add the remaining ingredients, except the sausage and rice, and simmer, covered, for another 20 minutes. Add the sausage and rice and simmer for 25 minutes. Correct the seasoning.



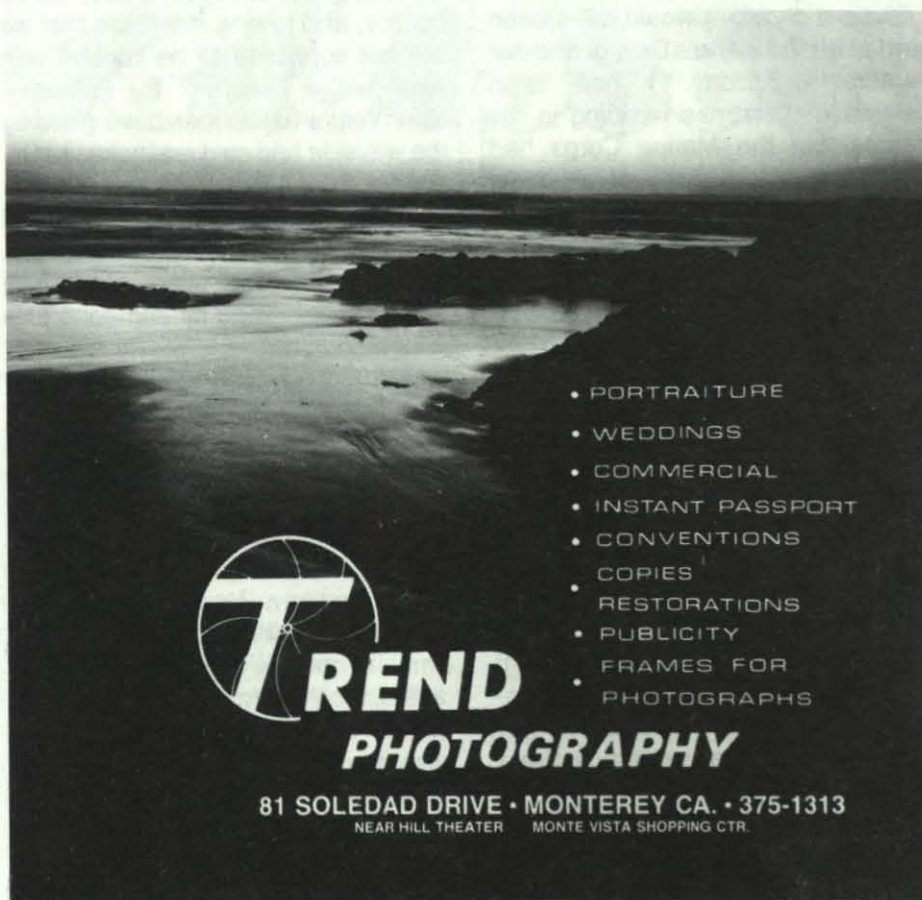
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simple pleasures

"If you look hard enough you will find some simple as well as inexpensive pleasures... Bake lasagna, meatloaf, quiche, macaroni or a cake in a heart-shaped pan and serve with red and white touches everywhere."

Valentine's Day... that romantic, special day to celebrate tender feelings, a day to reaffirm those feelings, to take time to appreciate those things we find most special about our loved ones. It also helps to remind ourselves of the reasons why we should continue to love the ones for whom we cook and clean on a daily basis. There can't be too many holidays for that.

Given a choice, I would have been married on Valentine's Day, or another memorable holiday. I had even planned a Christmas wedding in my dreams, but the Marine Corps had other ideas. How many of us could have chosen a more convenient date for ourselves or our family and friends, but had to make the wedding coincide with a change in duty station or a graduation so that the move would be paid for by the government? My husband and I were married four days before Charles and Di just so he would have some leave before starting amphibious warfare school so all my furniture and the wedding gifts could be sent to Quantico. Since he couldn't get leave any earlier I couldn't even plan a Fourth of July wedding, which would have helped a lot in remembering anniversaries. I guess that becomes unimportant when one considers how many anniversaries military couples spend apart anyway.

Then there is the matter of Valentine's Gifts. Before a marriage, gifts are

often bouquets, chocolates, cards, and other lovely senseless items that melt the heart. True, afterwards we may still receive flowers and cards, but I've seen and heard of a disturbing number of gifts designed to melt the pounds and not the heart. Perhaps the pounds were caused by the candy... but why on a romantic holiday should we be reminded by exercise bikes, sit-up boards, and rowing machines that we are not supposed to be content with what we've become? By February, New Year's resolutions have gone by the wayside and cold reality has set in. We need a day set aside to remember the reasons we love certain people and to be reassured of their love for us. Take advantage of every opportunity to do special things for someone else and good is bound to result.

Lots of self-help books tell us to take time for ourselves each day, to do something special. Usually the ads and commercials want those "special indulgences" to be expensive—look at the national credit card debt if you have any doubt of whether we indulge ourselves regularly. Personally, I think we overindulge ourselves way beyond what is needful, and in the wrong areas, too. If you look hard enough you will find some simple as well as inexpensive pleasures, right in your own backyard.

1. Make a date with your spouse and talk a friend into doing the same with

theirs so you can swap babysitting. If the kids can spend the night at each other's houses, so much the better for renewing the romance.

2. Put candles on the table and find a new way to prepare an old favorite.

3. Tell your spouse about the Del Monte Fruit Market or another nearby place where they can buy fresh roses or other flowers for \$1.99/doz. How convenient that you can also shop for fruit there, too.

4. Be sure you give your valentine their Valentine's card early enough to remind them what day is coming—my sister has used this for 20 years after suffering a few disappointments.

5. Pack a picnic lunch and drive over to Carmel Beach just to see how it looks in a different season. Wear warm clothes and take food for the seagulls. Coming from Kentucky, I've had little exposure to seagulls, so I was pleased to find they would eat from my hand. Actually, they'll eat whatever is in your hand, including your lunch, so I suggest saving leftover scraps in Zip-Lok bags in the freezer 'til you go. Then everyone will get some lunch.

6. Walk through San Juan Bautista and enjoy the old shops and beautiful mission. It's only a short drive away. Carmel Mission is even closer, but anytime you're close to one of the old missions it's worthwhile to stop.

7. Get an aquarium membership (family cost is \$45/yr) and visit all the

lasting memories

wonderful exhibits. Take a walk in this area during a winter storm and watch the surf crashing over the retaining wall.

8. Go on a free whale watching excursion through Monterey Park and Recreation. They have a free guide available with all the standard classes requiring a fee, but at the back of the guide are classes for seniors and adults which cost nothing. Some of them are crafts and other activities.

9. Make hot chocolate with whipped cream and marshmallows, garnished with cinnamon sticks or some other little treat and serve after the children are asleep and can no longer smell the goodies. To keep from being interrupted you may have to close doors since some children have radar.

10. Drive to Big Sur for a hike or a brunch, if funds allow, and enjoy the magnificent coastal views. The curves and views are only enjoyable in daylight, in my opinion.

11. Present your valentine with a coupon book for back rubs, foot rubs, or whatever you both enjoy. Make it humorous, too, and add cutouts from magazines.

12. A Hearst Castle tour is interesting and you have a better chance of getting in in the off-season, but call ahead or you risk getting the less desirable #3 Tour instead of #1 or #2 for the same price. At \$10/adult, \$5/child, under 6 free, it's an inexpensive proposition.

13. Read a book about Cannery Row and then take a walk exploring the old buildings and impressing your companion with your research. The County Library practically delivers to your door in La Mesa. The Bookmobile comes every Wednesday from 1-4 p.m. to the lighted tennis courts near the convenience store. Call the main branch with any request and pick it up and return it right there.

14. Indulge in a sundae at TCBY—half the guilt anyway.

15. Rent a four-seater bike with a surrey top near Fisherman's Wharf to

16. Try an OSWC class together, although I have to say my husband had neither the time nor the inclination to join me in basketweaving and dried apple and Christmas wreaths classes. He did enjoy the finished products, however.

17. Visit the Monarch Butterfly Grove in P.G. before they depart in spring. Since it's so close to the 17-Mile Drive you might want to wait until a weekend when one of the residents is advertising a garage sale. Show the ad at the gate and pay no entrance fee, plus get to see probably one of the nicest garage sales ever. Pebble Beach and the

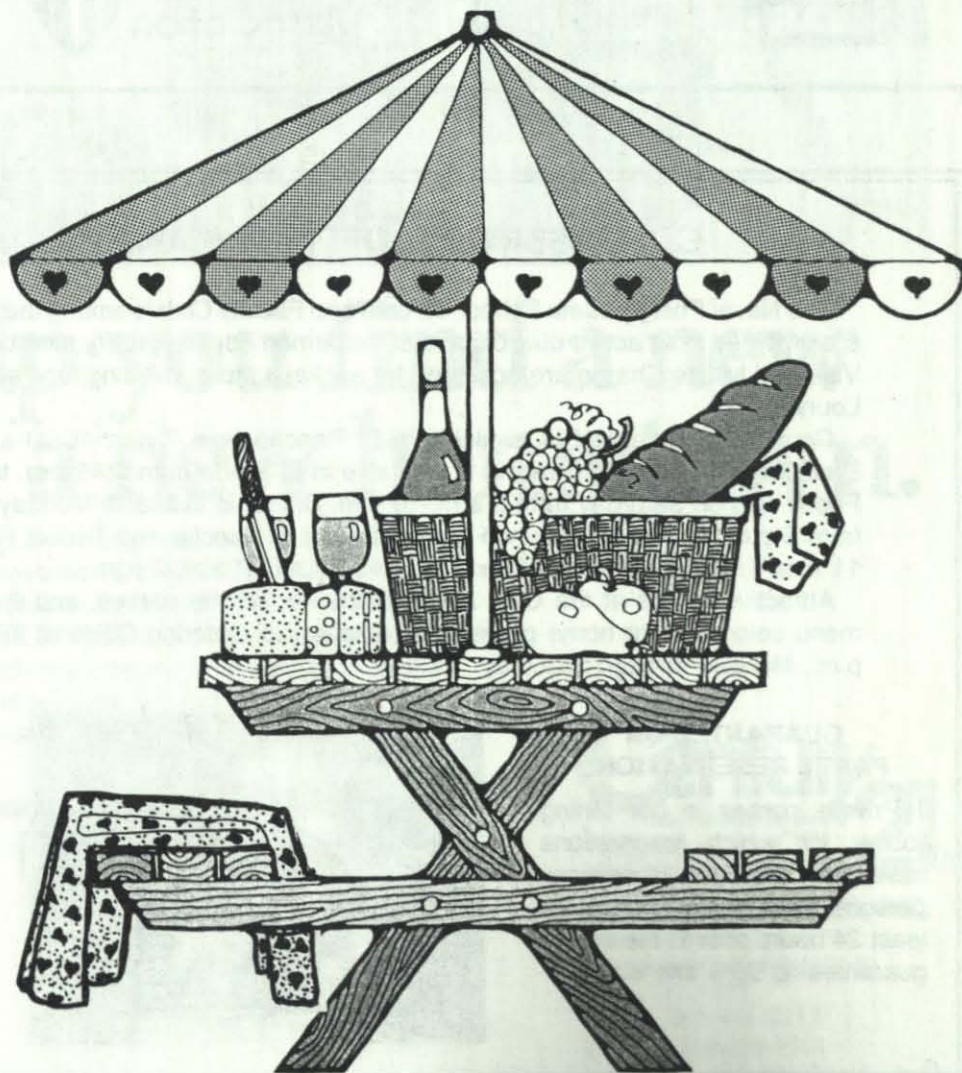
famous Monterey "Lone Cypress" are also in the beautiful Del Monte Forest.

18. Buy three rolls of wallpaper border on sale and do just your bedroom. Quarters need all the help we can give them.

19. Bake lasagna, meatloaf, quiche, macaroni or a cake in a heart-shaped pan and serve with red and white touches everywhere.

20. Make some small effort and make sure it benefits another person. Your enjoyment will be multiplied and the effect will be more lasting. Valentine's Day and other holidays derive their importance from our feelings about ourselves and others.

Happy Valentine's and every day!



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Thank You

The family of Spencer Grant wishes to thank everyone at the Naval Postgraduate School for all the support these past months.

Thank you especially for the phone calls, homemade goodies, and your love and concern for our family.

Spencer continues to improve daily and looks forward to returning to Monterey in late February.

Sincerely,
Lt. and Mrs. Larry A. Grant and family

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